THE MEANING OF FOOD -- WHAT IT MEANS TO BE AN EATER IN THE 21ST CENTURY

A PRESENTATION BY

MIYOKO SCHINNER

An exploration of the social and cultural role of food through evolution, and the implications of the over-abundance of food choices on society, culture, and individual health and happiness. Within this context, we discuss how veganism represents the future of food as it presents a powerful opportunity for people to impact their own health, the environment, and the lives of others on this planet.

TUESDAY, JUNE 14, 2016, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU
(0.2 mi. behind the Waikiki-Kapahulu Library - across from the Chevron station)

MAUI: THURSDAY, JUNE 16, 7 P.M.
KAUNOA SENIOR CENTER, HANA HWY AT ALAKAPA PL, PAIA

6-8 P.M., WEDNESDAY, JUNE 15
DINE OUT WITH MIYOKO SCHINNER
DOWN TO EARTH ORGANIC AND NATURAL
COMMUNITY ROOM, STE 302, 2525 S KING ST., HONOLULU
VEGAN MENU BY MAMA T GONSALVES & JORDAN RAGASA

KALE AND WHITE BEAN SOUP
GREEN SALAD W/ VEGAN RANCH OR GINGER HEMP SEED DRESSING
LASAGNA FEATURING MIYOKO’S CREAMERY CHEESE
RAW TIRAMISU

$22.09 (ALL INCLUSIVE)
TO RSVP AND PREPAY, PLEASE GO TO WWW.VSH.ORG/DINEOUTS.
ALL DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.
FOOD SENSITIVITIES NOTE: MENU IS GLUTEN-FREE.

Vegetarian Society of Hawaii
Join us!
For more info call (808) 944-VEGI (8344) or visit VSH.org.

Lecture refreshments courtesy of Down to Earth Organic and Natural